

Gateshead Millennium Study – Headline results from 2012

Thanks to all of you who took part in the Gateshead Millennium Study last year, your contribution is really appreciated. As always it was great to catch up with you and to see how you're getting on.

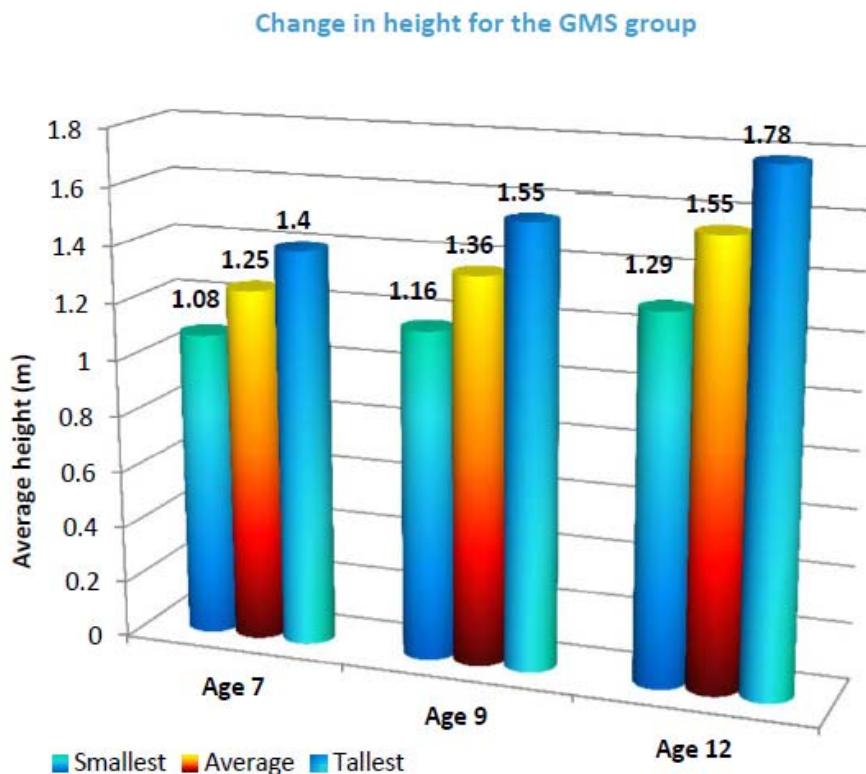
We were interested to see how much you had grown compared to our previous visits in 2006/2007 and 2008/2009, and to discover how active you are and what you eat. This newsletter has information on some of the things we found out from all the different measurements we took and the questions we asked you.

Laura, Jessica and Emma went to 12 secondary and 3 middle schools in Gateshead and elsewhere, and made over 80 home visits too. Last year 529 of you took part, and 509 parents or carers as well, which is a fantastic number. In addition to that, 303 of you also took part in a follow-up study on food choices with Sandra – an extra thank you to you!

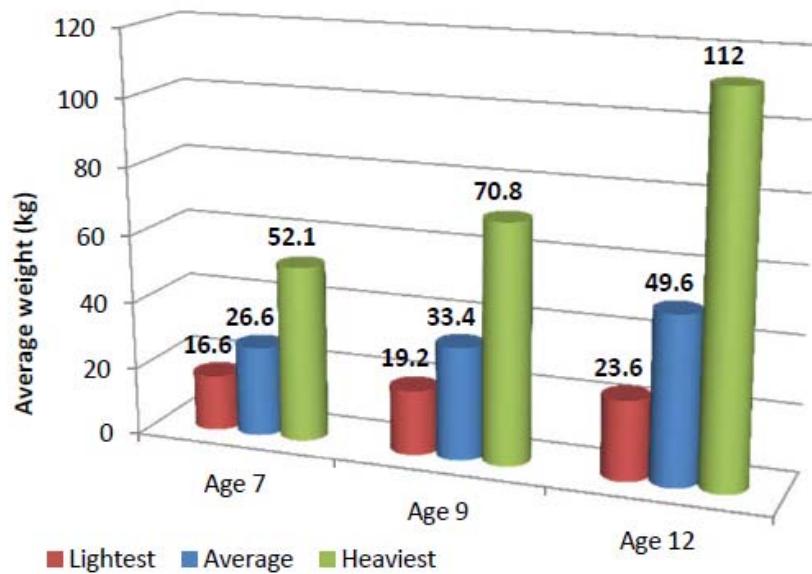
GROWTH

These two graphs show how much you've grown as a group since we measured you aged around 7 years old.

Of course you're all growing at different speeds, and some of you were already taller than us - we're expecting a lot of you to be taller than us when we see you again!



Change in weight for the GMS group



ACTIVITY

The activity belt you wore showed that the average amount of daily activity was about 22 minutes, with 14 of you reaching 60 minutes per day. The majority of your time was spent in sedentary activities.

Sports clubs You took part in a fantastic mix of different sports clubs, both inside-school and outside-school, ranging from archery, breakdancing and climbing through to waterpolo, yoga and zumba! 168 boys and



147 girls went to a school club and 211 boys and 165 girls went to an outside-school club. 136 of you took part in clubs both inside and outside school. There were over 40 different clubs altogether. The top 5 clubs for boys and girls were as follows.

BOYS School club	Number of GMS boys who go	Outside-school club	Number of GMS boys who go
Football	46	Football	78
Rugby	34	Cricket	18
Cricket	21	Rugby	17
Basketball	13	Martial arts	14
Table tennis	11	Swimming	12

GIRLS School club	Number of GMS girls who go	Outside-school club	Number of GMS girls who go
Netball	27	Dancing	41
Dancing	25	Horse riding	18
Fit club	18	Football	16
Trampolining	15	Swimming	16
Athletics	10	Trampolining	14

Dog walking Nearly half of you told us you had a dog - the pie chart below shows how often you walk your dog.



To and from school We also asked you how you got to school each day. The most popular method was by walking (140 people), closely followed by using the bus (134 people). Getting a lift by car came third (91 people). Just two people used a bike as their usual method of getting to school during the week that we saw you. We would be really interested to know if all the rain we had last year put you off walking or cycling. It took you an



average of 17 minutes to get to school, although the quickest journey took just 2 minutes and the longest 70 minutes. Your average journey distance was just over 2 miles, with the closest person living 0.1 miles (160 metres) from their school, and the furthest person 17 miles (27 km) away.

WHAT YOU EAT

To measure the different foods and drinks you eat, you completed a computer programme, telling it what you'd had the previous day.



You may have heard of **'5 a day'**. We all should try and eat 5 portions of fruits and vegetables each day to keep us healthy. The average number of portions eaten in the GMS was 1.6 for girls and 1.7 for boys, and 21% of you hadn't eaten any fruit or veg on the day before we saw you.

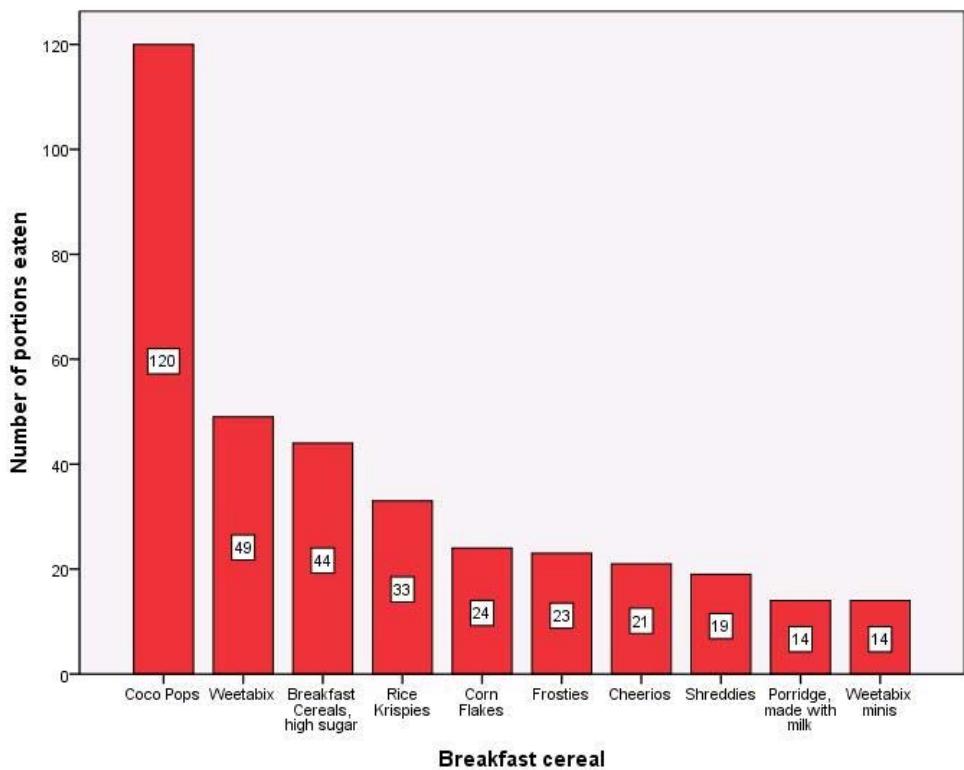


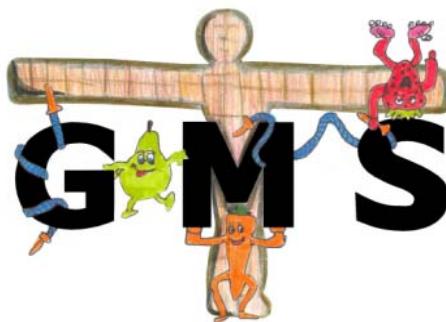
Most of you ate breakfast



Twenty six different types of cereal were eaten! The top 10 most popular cereals are shown in the bar chart below – a third of you ate Coco Pops, it was the favourite cereal by a long way!

Most popular breakfast cereals in the Gateshead Millennium Study 2012





Next visit We're hoping to visit you all again in 2014/2015 before you take your GCSEs, to see how you are and how things have changed.

As ever, if there is anything you would like to contact us about or if there are any changes to your contact details please let us know.

You can either : phone us on 0191 208 8896
email us at gms@ncl.ac.uk

or write to us:

Gateshead Millennium Study
Human Nutrition Research Centre
Institute of Health & Society
Newcastle University
Baddiley-Clark Building
Richardson Road
Newcastle upon Tyne NE2 4AX



Institute of
Health & Society